

# Strawberry Mango Feta Toast Points

**Prep time:** 20 minutes

**Makes:** 4 Servings

Diced strawberries, mango and fat free feta cheese provide the perfect balance of sweet, savory and tangy for these quick and colorful brunch or lunch toast points.

## Ingredients

- 1 ripe mango (divided)
- 2 cups strawberries (divided)
- 1/4 cup fat free feta cheese crumbles
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 4 slices whole-wheat bread

## Directions

1. Peel and pit mango. Dice 3/4 of mango and 3/4 of strawberries; place in large bowl with feta cheese. Put remaining fruit, 1/4 cup basil, vinegar and oil in a blender and blend.
2. Pour blended vinaigrette over fruit-feta mix and toss gently.
3. Chop remaining basil leaves.
4. Toast bread slices and cut each slice diagonally.
5. Top toast points with dressed fruit-feta mix and chopped basil.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>243</b>	
Total Fat	12 g	18%
Protein	7 g	
Carbohydrates	28 g	9%
Dietary Fiber	4 g	16%
Saturated Fat	4 g	20%
Sodium	345 mg	14%

## MyPlate Food Groups

Fruits	3/4 cup
Grains	1 ounce
Dairy	1/4 cup